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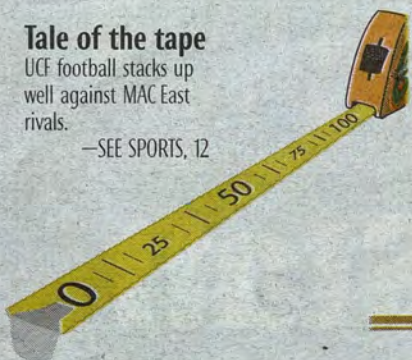
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Tale of the tape
UCF football stacks up
well against MAC East
rivals.
—SEE SPORTS, 12



THE central florida FUTURE

THE STUDENT NEWSPAPER SERVING UCF SINCE 1968

Wednesday July 9, 2003

**Gym-free
workout**

How to stay fit on a
tight schedule.

—SEE LIFESTYLES, 14



PUMPED UP PERFORMANCE

**Grade inflation
could be the
main culprit for
rising GPAs**

MIKE RIEGEL
STAFF WRITER

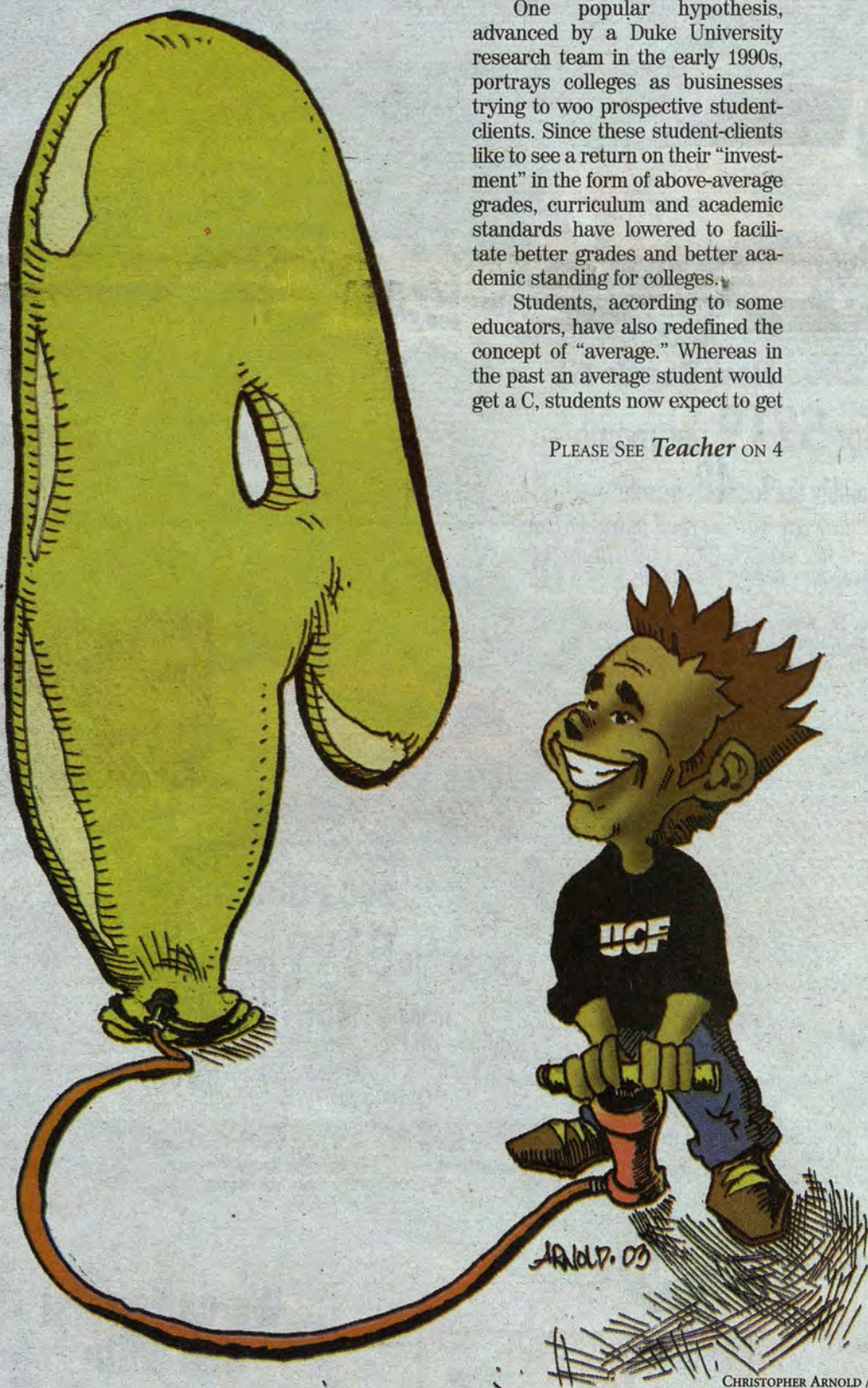
UCF students get more A's than they used to, according to an analysis by *The Future*.

What used to be average, a C, is now considered a poor performance by many students. Nationally, the average grade for a college student has risen to a B, leading some experts to wonder if an inflation of grades is the culprit, rather than harder studying.

One popular hypothesis, advanced by a Duke University research team in the early 1990s, portrays colleges as businesses trying to woo prospective student-clients. Since these student-clients like to see a return on their "investment" in the form of above-average grades, curriculum and academic standards have lowered to facilitate better grades and better academic standing for colleges.

Students, according to some educators, have also redefined the concept of "average." Whereas in the past an average student would get a C, students now expect to get

PLEASE SEE *Teacher* ON 4



CHRISTOPHER ARNOLD / CFF

New provost Hickey sweats comfortably through his first week



BRETT HART / CFF

Provost Terry Hickey has arrived at UCF during a difficult period of financial hardship.

**Ohio transplant has
tackled the heat —
now, he wants to get
down to business**

ALEX BABCOCK
STAFF WRITER

New Provost Terry Hickey stepped into his third-floor office in Millican Hall July 1, taking the job Gary Whitehouse left behind. After one week on the job, Hickey says he's readjusting to the Southern climate he left six years ago to pursue higher administration. The provost plans to stay here, ending a career spanning three decades and three schools by helping to push UCF toward the future.

UCF awarded Hickey its second-highest post this past spring, following a national search to find a successor for Whitehouse, who is returning to teaching.

Hickey, an amiable, gray-haired academic, bears a hefty responsibility in grabbing those reins, taking control of a university in a financial crisis with reduced state funding and rapidly increasing enrollment.

As second in command, Hickey will chair the UCF budget committee and handle daily reports from most of the campus. The job is a step up for Hickey, who leaves behind a provost's job at the University of Akron, whose student population of about 25,000 is 15,000 fewer than UCF's.

PLEASE SEE *Provost* ON 6

Bush gets an 'F' grade on environmental report card

PATRICIA XAVIER
STAFF WRITER

The League of Conservation Voters last month gave the Bush administration a failing grade on its environmental performance. That grade sank from a D-minus for the administration's first year to an F for what the League described as a deceptive campaign to roll-back environmental protections.

The report card considered three factors: administrative and executive actions, appointments, and legislative initiatives.

Criticism focused on President Bush's domestic and international environmental policies. The League said his administration has done more harm to the environment than any other



Environmentalists cited two-faced programs and weak oversight as cause for President George W. Bush's failing grade.

PLEASE SEE *Professor* ON 7

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Giving business a boost

UCF's Technology Incubator nurtures entrepreneurs while giving students workplace experience.

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Blood money

Centers identify college students as a healthy source for plasma, for which they're willing to pay.

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UCF FACT

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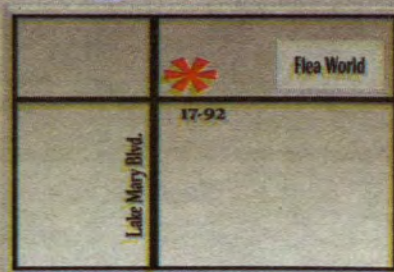


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Florida State loses patent claim

Florida State University has lost the latest round in a court fight to claim patent rights for three chemical compounds that might be useful for treating cancer.

The university and three of its scientists — Robert Holton, Hossain Nadizadeh, and Li-Xi Yang — lost their claim to be named as co-inventors of the compounds late last month when a three-judge panel of the U.S. Court of Appeals for the Federal Circuit overturned a lower-court ruling.

The earlier ruling had favored the university on the basis that the new compounds were synthesized using a chemical process that Florida State owns as a trade secret.

The appeals court ruled against the university in deciding that three other scientists — Chunlin Tao, Patrick Soon-Shiong, and Neil Desai, who work for American Bioscience Inc., in California — were the true inventors of the taxane compounds, which the scientists believe might help patients respond better to radiation therapy.

Tao had worked at the university for Holton as a research assistant from July 1992 to November 1994. The university maintained that Tao's patent claims were based on the use of a chemical process that he had learned while working at the university. Holton is noted for his discovery of a chemical process that was used to create a form of the anti-cancer drug Taxol.

American Bioscience, a generic-drug manufacturer, had already paid the university \$300,000 in damages to settle the charges that Tao had misappropriated trade secrets in the case involving the new compounds.

According to reports by the Associated Press and the news journal *The Scientist*, royalties from Taxol have earned Florida State more than \$300 million since the mid-1990s. But with those royalties in decline, in part because of less expensive alternatives now on the market in Canada, the university was counting on the potentially valuable new compounds to keep the dollars flowing.

The university plans to ask for a rehearing before the appellate court, but its lawyer said it is unlikely to appeal to the U.S. Supreme Court if it loses again.

Ex-quarterback pleads in gambling case

Adrian McPherson, a former Florida State University football player, pleaded no contest last week to charges of gambling and theft.

Prosecutors said they had wanted to retry McPherson on the gambling charges after his June trial ended in a hung jury. The terms of the plea bargain, however, were relatively lenient.

The prosecutors said that no judgment of guilt would be entered in the case if McPherson agreed to complete up to 30 months of probation, serve 90 days on a county work detail and perform community service. The officials also stipulated that if McPherson followed the terms of his probation, it could end after 18 months.

If he had been convicted of the misdemeanor gambling charges, he would have faced a \$500 fine and 60 days in jail. McPherson, who was briefly the Seminoles' starting quarterback last fall, stood accused of betting on Florida State football games last season and on National Football League games.

The National Collegiate Athletic Association strictly prohibits athletes and coaches from betting on any kind of sporting event, but Florida State's president, TK. Wetherell, said he had "no clue" whether the

PLEASE SEE *Ohio* ON 8



BRETT HART / CFF

Carol Ann Dykes, right, managing director of UCF's Technology Incubator, consults with David Bird of Nallatech Inc., a startup company getting an assist from the program.

UCF incubator thrives while helping million-dollar ventures

Program grows
tech companies
while giving UCF
grads jobs

BRANDON HARDIN
STAFF WRITER

When Eric B. Delisle moved his company, DigiBelly, Inc. from Phoenix to Orlando one year ago, he had no employees and no sales. Now his company has 15 employees, and he's expecting 2003 to be his company's first multimillion-dollar year, and UCF helped him get there.

Delisle attributes part of his company's rapid growth to UCF's Technology Incubator, a program founded in 1999 to help high tech startup companies. "We would be six to eight months behind where we are if it wasn't for the incubator," said Delisle.

Companies in the program fill a variety

of roles in the technology business sector, from education, healthcare, simulation and training, robotics, industrial engineering, electronics and software.

The program helps companies in a variety of ways, including providing cheap and flexible leases and access to University facilities. UCF also offers onsite counselors to assist businesses in areas such as government contracting, international trade, human resources, and marketing.

Delisle said although the incubator provides invaluable resources, individual companies still have to do the work to succeed. "It's not a place where they do everything for you;

PLEASE SEE *New* ON 8

Certification program turns professionals to teachers

TRINA PRIORE
STAFF WRITER

Central Florida lawmakers and educators say education and unemployment are two of the biggest challenges facing our state.

And they say they've found a solution to resolve both.

Lockheed Martin, Orange County Public Schools and UCF's College of Education collaboratively have created a fast-track course designed to quickly prepare math and science professionals who want to leave the work force behind and enter the classroom.

The Transition to Math and Science Teaching, or T-MAST, is aimed at addressing the dire shortage of math and science teachers in local middle schools while creating new

Fast-track courses create new
careers in unstable economy

career opportunities for math and science professionals who have been left jobless in an unstable economy.

The Toyota USA Foundation gave UCF \$275,000 to help launch the program this summer. It is the first of its kind in the state.

"In the short run, no major impact will be shown on the community," said Michael Hynes, director of Lockheed Martin/UCF Academy for Mathematics and Sciences, who led the conception of the T-MAST program. "However, if the program is successful over a period of several years, then

UCF will be part of a solution to the long-time teacher shortage."

Carine Strelbel, coordinator of evaluation for UCF's Space Education and Research Center, who worked with Hynes to develop the accelerated teacher-certification program, said now is the best time to encourage professionals to become educators for several reasons.

"Florida has not been able to produce enough teachers, and the ones we do have are retiring," Strelbel said.

Moreover, she said, professionals can bring a wealth of

expertise to Central Florida students, who will be more likely to enroll in higher level math and science courses in high school that will better prepare them for college-level math and science courses if they have qualified professionals teaching them.

"Having the work experience tied to the classroom is extremely powerful," she said. "The real-world connection will seem more real, more fun to the students."

Ultimately, the program will create new jobs for qualified professionals who are unemployed.

"The difficult economy has caused many companies to downsize and lay off workers," she said. "T-MAST provides

PLEASE SEE *One-year* ON 8



THE central florida
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Teacher leniency may be at fault for increase in A's

FROM PAGE 1

an A or a B for doing the minimum amount of work at an adequate level.

"If I get a C, then something's wrong ... I've failed to get an A or B," said sophomore Jeanette Vega, 20.

With students expecting higher grades, professors who remain devoted to normal methods of grading might be subject to harsh evaluations. "I remember going to one of those Web sites where teachers get rated, and a couple of people said that one particular professor was a really tough grader," said junior Tim Moore. "But on the very first day of class, [the professor] explained how she graded and that we would earn whatever we got."

In 1980, 16 percent of the grades in UCF's undergraduate classes were A's, and 27 percent were C's. In 2000, just 20 years later, those percentages practically swapped places, with 31 percent of grades being an A, while C's represented only 16 percent.

The University of Florida has experienced a similar increase, as the average GPA for undergraduate students has increased from 1989's mark of 2.88 to 3.19 in 2001. This steady rise in grades has conditioned students to expect above-average grades for average work.

"If I say that I'm a C student, I

"If I get a C, then something's wrong ... I've failed to get an A or B."

—JEANETTE VEGA
Sophomore

don't think people associate that with being average," said Moore, 21. "Maybe that's the way it used to be, but I'd say the new average is a B, and most teachers and students approach class that way."

Whether they've earned it or not, most students don't have a problem with getting higher grades. The trend toward awarding higher grades for the same level of work started 30 years ago, when not getting a good grade might've meant a trip to Vietnam.

During the Vietnam War era, some professors gave passing grades to students who would've otherwise failed, flunked out of college, and become subject to the draft — a failing grade, teachers decided, could be a death sentence for some students.

After the war, however, grade

distribution returned to normal levels. Beginning in the 1980s, grade averages began to vary across the nation, this time without any clear explanation. During that decade, UCF saw the number of A's increase almost 10 percent. Without a war to blame, theories about inflation popularized.

Grade inflation may please students and keep faculty from enduring student criticism, but a continued rise in grades could lead to a complicated and ineffective grade system in the future, according to a recent study by the American Academy of Arts and Sciences.

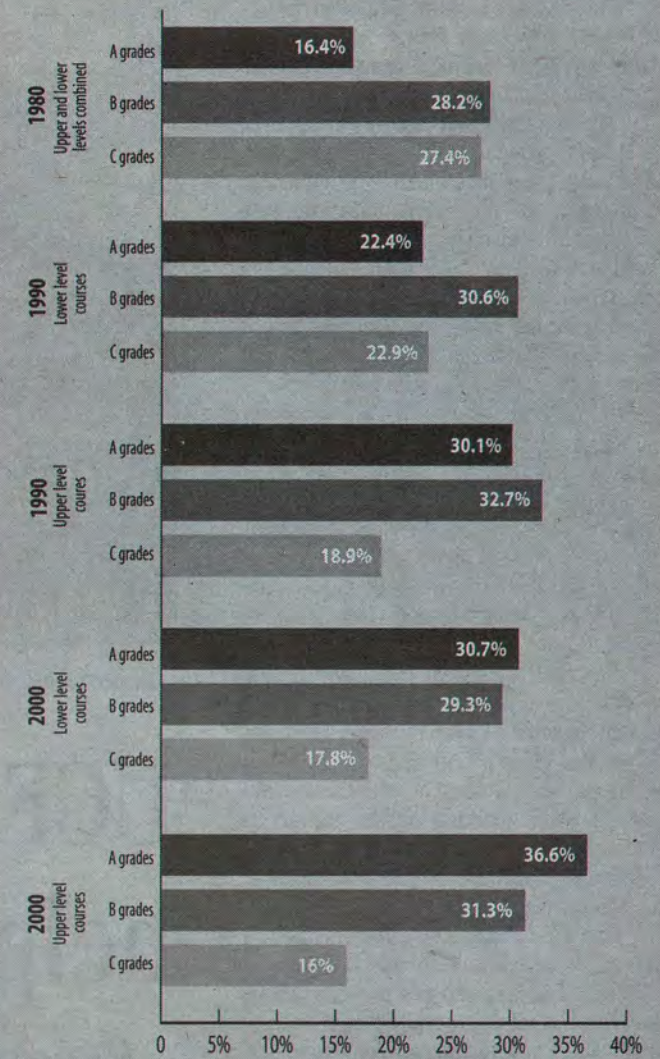
Study authors Henry Rosovsky, a former Harvard dean, and Matthew Hartley, a lecturer from the University of Pennsylvania, both advocate ending the current trend of grade inflation.

"At first glance [grade inflation] may appear to be of little consequence," the authors write. But it "creates internal confusion giving students and colleagues less accurate information; it leads to individual injustices [and] it may also engender confusion for graduate schools and employers."

Rosovsky and Hartley added that to reverse the trend of grade inflation, schools should enforce a consistent set of grading criteria while using the standard distribution curve as a measuring stick for each class.

Grade inflation at UCF

Since 1980, UCF grade point averages have dramatically risen. This follows a nationwide trend of grade inflation. A 'B' grade is now considered to be an average grade as opposed to a 'C' grade.



Source: Central Florida Future Research; UCF Library fact books

ADAM SHIVER / CFF

Stormy weather



BRETT HART / CFF



Thunderstorms accompanied by hail and winds in excess of 60 miles per hour hit UCF last week, snapping trees across campus. The National Weather Service blamed a phenomenon similar to a tornado, but without a funnel cloud.

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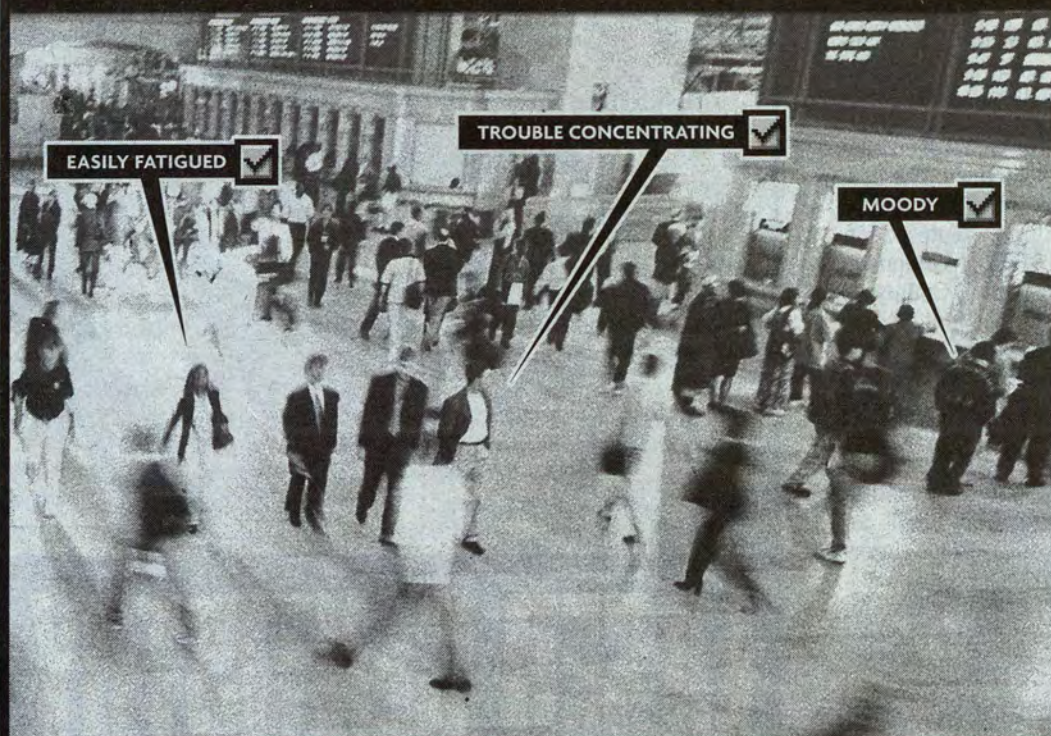
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ASK FOR EXT. 64

Provost considered presidencies but stuck to his provost roots

FROM PAGE 1

"One thing I haven't dealt with is the rapid growth that UCF is experiencing," Hickey said. "Increasing enrollment provides a lot of challenges."

The provost said the biggest issue, handling the school budget, will be a familiar and comfortable task for him. Ohio's economy, Hickey said, has fared worse than Florida's, and the strategies he developed to help Akron survive will aid him in working out UCF's current budget concerns.

"Most of the issues I'll be dealing with at UCF are very similar to what I've been dealing with the last few years at the University of Akron," Hickey said. "I can't wait to get started."

UCF recently announced tuition hikes of 8.5 to 15 percent to offset a loss in revenue in the state budget passed in late May. Though Florida is enduring a tax revenue shortfall like much of the nation, the effect on UCF shouldn't be judged in the short term, Hickey said. "You need to look beyond one year; higher education is not a one-year problem."

Before learning to handle problems at the administrative level, Hickey joined the world of professional academia as a teacher at the University of Alabama in 1972.

Hickey rose in stature over 25 years at UAB to associate provost for academic programs, before leaving in 1997 to head the college of sciences at Old Dominion University. Three years later he moved to the University of Akron. There, he held the provost's post and polished the resume that would ultimately land him UCF's job.

When Hickey drove away from Akron about three weeks ago, he left most of the moving to professionals, but took his wife, his dog, and a Jeep packed to the brim with provisions for a week in an unfurnished house. In less than two days they pulled into their new driveway. The couple spent a week reclaiming their yard from the vines, interspersed with trips by Hickey to UCF, and preparations for Whitehouse's exit.

Left behind and still reeling from his departure is the staff at Akron. His closest co-workers said a reluctant goodbye to Hickey June 20.

"I would suggest most people were fairly broken up when he left," said George Newkome, Akron's vice president of research. "Everybody liked him. It's a rare commodity when you go to a university that you don't pick up the negative, and he never did."

The impact Hickey left on Akron elicits tears and glowing memories from a litany of professional academics who considered him a friend more than a colleague.

Illona Hayes, Hickey's personal assistant at Akron, has had an especially difficult time with the departure. Now over two weeks since Hickey left, Hayes has a tremble in her voice talking about a boss she sorely misses.

Over the three years she worked as his secretary, Hayes developed an admiration for a man she said was both brilliant and humble, and always funny.

"This was probably one of



BRETT HART / CFF

Hickey's experience at fast-growing University of Alabama-Birmingham caught the attention of UCF officials in their search to replace Gary Whitehouse as provost.

the most difficult periods of my life, watching him leave," she said. "All of the people that worked with him in this office had a very difficult time seeing him go, because he was the ideal boss. He's an extremely well-rounded person. He's extremely intelligent. It's almost intimidating, but then you get to know

“Everybody liked him. It's a rare commodity when you go to a university that you don't pick up the negative, and he never did.”

—GEORGE NEWKOME
Vice President of Research,
University of Akron

him, and he makes you feel like you're his equal.”

Both Hayes and Elizabeth Stroble, Hickey's replacement, worked closely with the amiable provost during his three years in Akron, and shared the pain of his loss. Two days after Stroble took over as provost, Hickey bid farewell to the university, and Hayes and Stroble saw him off.

"The two of us walked him to his car, and he said goodbye, and we cried all the way back up to the office," Hayes said. "It's a tough loss for us, but we're very happy for him, and extremely happy that somebody will be benefiting from the person he is."

At UCF, Whitehouse's former assistant Chris Morgan found comfort in letting go of her boss of eight years during long talks with Hayes. The deep sense of loss left an impression on Morgan, but also helped her look forward; she said Hayes brimmed with praise about Hickey. "I'm feeling very optimistic about the new provost," Morgan said.

Morgan described Whitehouse as a man who kept his work in perspective, and enjoyed working with students above all else.

Hickey's personality is remarkably similar, Hayes said. "He never, ever lost sight of why we were all here, and that's about the students," she explained. "He really found it

invigorating to walk around campus and be around the students. He liked it when summer was over and all the students would come back, and they'd all be sitting on the steps in front of the buildings. You could tell that it was something uplifting for him."

Hickey has already started forming the ties that were so strong at Akron, by exploring the campus and chatting, and by meeting with his new faculty. He held an open meeting with UCF's teachers while in Central Florida house-hunting. "I think he was very sincere in what he had to say," Whitehouse said of the meeting. "I was very impressed. He may be a lot like me, which some people have said."

Whitehouse said experiences at Akron and Old Dominion notwithstanding, Hickey's quarter-century of work at the University of Alabama may have best prepared him for UCF. Both UAB and UCF are fast-growing, large institutions tackling issues like construction, budgeting and program development.


Though smaller and more ponderously evolving, Akron went through its share of change during Hickey's tenure. The new provost leaves behind a legacy of growth at Akron, centered on expansion to a branch campus in neighboring Medina County, a project Hickey helped found.

While UCF considered its choices for the provost's job, Hickey had also considered other options, including being a university president. He made the finalist list for a few institutions, he said, but had an epiphany at one of his interviews.

"About two hours into an interview, I realized I really wasn't interested in the questions they were asking me," he said. "On the way back from that interview, I realized I wanted to be a provost."

The combination of experience as an instructor, dean and provost, along with an acumen for budgeting, ultimately led UCF to choose Hickey from the field of candidates, with Whitehouse's endorsement. "He's been at schools that have been similar to UCF, which is important," Whitehouse said. "He really has better experience than when I started."

With his first week behind him, Hickey says life in Central Florida is what he hoped it would be, and while still acquainting himself with his staff and colleagues, he says UCF is like home. "It's almost like I've been here forever," he said.



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Professor urges involvement to stop environmental destruction

FROM PAGE 1

administration in U.S. history.

UCF biology professor Walter K. Taylor agreed. He believes the current administration has failed the public by lying about environmental issues. He said the Bush administration has slacked in clean air and water policies.

"I'd give him an F minus," Taylor said. "I have not heard one word from him or his administration encouraging Americans to conserve. We are a wasteful nation and certainly our leaders should come forth with sound conservation policies and encourage Americans to conserve. George Bush would use every natural resource we have if he could. I am not so sure he has one conservation bone in his body."

Taylor said he's disappointed that Bush's solutions to current problems shift the burden of a deteriorating environment to future generations. The short-sighted policy, Taylor said, suggests Bush doesn't take environmental protection seriously. "Conservation to him is a joke," Taylor said. "Personally I think he has lied to the American people on many issues including conservation and what good things he has done."

On its Web site the League explained that the Bush administration has damaged all environmental areas including land, water, wildlife and air by weakening preservation legislation. The League attacked Bush's motives, saying the beneficiaries of these laws would be corporate entities such as timber, mining, oil and gas, and real estate development companies.

While the League describes itself as a non-partisan organization, Bush allies accuse the group and its president, Deb Callahan, of using the report card as a political weapon. Critics call it a fundraising gimmick used solely to discredit Bush in a crucial political time. The League is currently running a new television spot in California linking the administration's rollbacks of clean air, clean water and toxic waste cleanups to corporate special interests. The largely Democratic state will play an important role in next year's presidential election, with more voters at stake than anywhere else.

California congressman Richard Pombo, a Republican who is chairman of the House Resource Committee, said the League's activities are meant to coincide with the League's Democratic Presidential Candidate Forum in Los Angeles. Pombo said the report has no merit on either its environmental findings or the measure of the Bush administration's environmental management.

"It becomes tiresome to me, and I know it turns the stomach of

the American people," Pombo said in a press release June 24. "Unfortunately, despite progress, the [League] and other radical groups will always scream that the sky is falling. If they didn't, they couldn't scare people into donating money."

Taylor said this is not a political tactic — he blames Bush for problems the League is only pointing out.

"George Bush has created his own image and if he looks bad he did it to himself," Taylor said. "He does not listen to those who know something about conservation and ecology. His administration has become lax in clean air and water policies. He has allowed our national lands to be degraded. The national parks and forests need money, but have received little from the Bush administration."

Environmentalists cite several examples of what they see as Bush's environmental follies. Perhaps most controversial is his push for oil drilling in the Alaska National Wildlife Refuge, an area the administration has described as critical to American energy needs. Environmentalists say drilling in the region will wreak havoc on sensitive lands and wildlife.

Other contentious plans include opening up millions of acres of previously protected forests for logging, and 200 million acres of formerly protected land for mining and drilling. Environmentalists also disapprove of a Bush plan that employs taxpayer funding to clean up commercial toxic waste.

Political science major Christine Goffredo said students should come together to understand how legislation will affect the environment as well as individuals. She said there are many organizations, including Greenpeace and Free The Planet, that raise awareness on environmental issues at UCF.

"It is important that as responsible citizens, we hold the government accountable and ensure that environmental regulations are not only drafted and passed as legislation, but carried out as well," Goffredo said. "This past year hasn't been the best one for environmental strides as far as legislation goes, and we need to be aware of that."

Taylor agreed that citizens should become more involved in matters concerning the environment and conservation. "I find so many students do not know what is going on in the world — environmentally or otherwise," he said. "Decrease the number of cars on campus; I never had a car during my entire graduate work. Preserve our natural areas. Recycle. The amount of waste from this campus and elsewhere that goes in the landfills is sickening. Turn off lights, report leaky faucets, etcetera. Little things like these do help, but get involved."

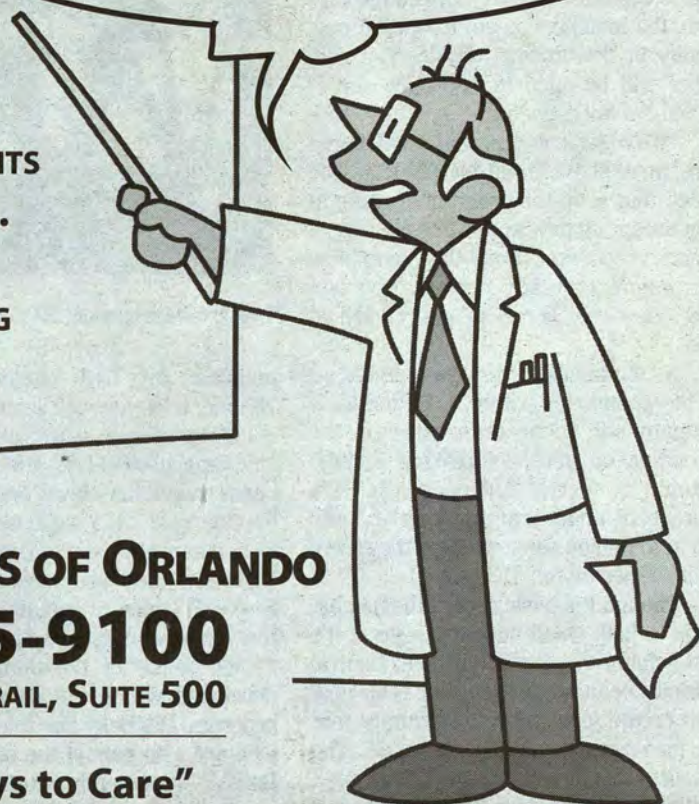
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New companies hire students

FROM PAGE 3

they provide the services and you get it done," he said.

Despite a recession in the technology industry, the incubator has continued to grow, with businesses flocking to the nurturing environment UCF has provided.

Carol Ann Dykes, the incubator's managing director, said, "Growth has been phenomenal in spite of the economy."

When the incubator was formed, 12 companies resided within the walls of its 12,000-square-foot facility. Now, the incubator has 72,000 square feet and is home to 36 companies — with more on the way. Also, the incubator is set to open a new facility in downtown Orlando. The new space will be open in mid July, and is already at full capacity.

"We're still on our own growth curve here; we're still start-up," Dykes said. She added that soon the program is going to stop accepting new applicants for fear of sapping resources from the companies the program already serves. "You can only effectively serve so many," Dykes said.

As the incubator program grows, so do the companies within it. Generally, a company will spend three years in the incubator, or until it's making enough income to survive independently. "On average, companies are making \$1.5 million to \$3 million per year when they leave — sometimes more," Dykes said.

Though the basic goal of the incubator is to help small businesses grow, it's also helping the community and Central Florida's economy, Dykes said. "Our goal is to create jobs in the community that are higher-wage jobs," Dykes said. The benefits of the program have helped get it funding from both the city of Orlando and Orange County. "We probably get more offers for help than we can use," Dykes said.

Along with the Orlando community, the incubator has helped the UCF community, too. "It provides an environment where students and faculty can engage in an entrepreneurial environment," Dykes said. Some companies within the program have hired UCF students through the school's co-op program. "It gives students a real live working environment," Dykes said. "It's a living laboratory."

Delisle said half of DigiBelly's staff



Carol Ann Dykes manages UCF's Technology Incubator, with locations downtown and in Research Park.

members are UCF students. Chandler Escude, a 21-year-old senior majoring in computer science, works at DigiBelly, and said the real-world experience has helped complement his classwork. "It's great," Escude said. "It's right next to campus and it's really convenient. Working at DigiBelly, they are encouraging us to research stuff. I'm actually learning stuff that's hinted at in my major."

A sense of community has also developed within the companies of the program. DigiBelly has found two clients who are also part of the incubator. Also, Delisle is currently working with two companies, developing new products. "[The incubator program] has been great — completely invaluable to us as a small company," he said. "It really helps us network and meet with who's who in Central Florida."

Due to the connections made through the network of businesses in the incubator, Delisle has found new investors and is also taking part in a \$600,000 National Science Foundation grant.

The ties forged with UCF have also helped businesses indirectly. Dykes said companies associated with UCF take on

an air of respectability, something Delisle has experienced firsthand. The greatest benefit of being part of the program is a sense of implied credibility because of their UCF connection, Delisle said.

In addition to businesses born outside the campus, some companies have been born directly from UCF graduates and faculty. The incubator's very concept sprang from faculty who had ideas for businesses but no idea of how to start them.

Dykes explained, "[The incubator] was driven by demand in the marketplace." One such company is Rini Technologies, Inc. Founded by UCF graduate Dan Rini, the company was awarded a government contract for its creation of an innovative cooling system that uses an evaporative spray.

In the struggling technology sector, the incubator has helped businesses work out problems that have caused other companies to fail. While the incubator helps to grow new businesses, it also helps to save them from mistakes.

"At the end of the day, the only thing that matters is how we've helped our incubated businesses succeed," Dykes said.

Ohio cuts aid to student activists

FROM PAGE 3

NCAA might force the Seminoles to forfeit games in which McPherson had played.

It was also unclear if the NCAA would permit McPherson to play college football again, since he neither admitted to nor denied gambling. NCAA officials would not comment directly.

McPherson's lawyers could not be reached for comment on Wednesday, but one of them, Chuck Hobbs, told the Associated Press that his client had been treated fairly.

The former player had also faced trial on charges of stealing a blank check from a Tallahassee business and cashing it for \$3,500 with the help of a friend.

Anti-riot measure

Students who participate in riots or other disturbances will be immediately expelled from state-supported colleges in Ohio for a year and will be ineligible for state financial aid for two years, under legislation enacted last month.

Although supporters of the measure say it will help prevent riots like those that have erupted after college sporting events, some students and state officials worry that it could be used to punish students who gather for peaceful reasons, such as political protests.

The new policy was signed into law by Gov. Bob Taft, a Republican, as part of the state budget. The punishments will affect students enrolled at state-supported colleges who are convicted of aggravated riot, disorderly conduct, or failure to disperse, provided that the violations occur "within the proximate area where four or more others are acting" in a similar fashion.

Officials at Ohio State University said they were still unfamiliar with the law and were scrambling to determine its potential impact.

Some 45 people were arrested last fall when a riot broke out after a university football game.

Bill Hall, vice president for student affairs, said that the law could serve as one tool to help the university curb riots.

However, Hall said the university is already punishing rioters.

"I think we've taken the harshest possible steps — we have suspended students anywhere from two quarters up to a year and a half to two years in length," he added.

One concern, he said, is that the new law could limit colleges' flexibility in deciding punishments.

As to whether the law could be used to punish student activists, Hall said: "I'm not prepared to comment on that point yet at this point in time. I've got to do some more homework."

—FROM WIRE REPORTS

One-year program earns students master's degree, offers mentors

FROM PAGE 3

those people with a second chance at a new career opportunity."

Professionals from a variety of fields are showing interest in the program.

Massarra Chatila, who graduated from UCF in 1985 as a business administration major, is eager to earn her teaching degree through T-MAST.

She dreamed of teaching, but grew up in Lebanon, where a teaching career was not an option for a woman. When a UCF math teacher informed Chatila of the T-MAST program, she did not hesitate to sign up.

"So far, the program is very

nice because of the close interaction with the students and teachers. They are very flexible with our learning styles," Chatila said.

While it won't be Chatila's first time teaching in a classroom upon completing the T-MAST program — she recently served as a teacher's assistant — she admits that she'll feel challenged once she's teaching a classroom of her own.

"Even with a little background, it's going to be very challenging to be in the classroom ... in charge."

Casey Krzemnski, a 1997 Florida State University graduate who majored in chemical engineering, is now enrolled in T-

MAST as well.

"I wanted my master's degree anyway, and this way I can get it in one year, and get paid doing it," Krzemnski said.

The four-semester program fulfills 36 credit hours in a year and earns students a master's degree in mathematics or science education.

The first and last segments of T-MAST revolve around coursework, while the second segment takes place with a mentor in the classroom.

"The biggest obstacle of T-MAST is satisfying two bureaucracies — helping the students meet the state's teacher certification and UCF graduation degree

requirements at the same time," Hynes said.

Adjunct instructor Marie Causey, who teaches the first segment of the T-MAST classes, conceded the teaching techniques are more difficult for students to grasp since the accelerated course condenses a lot of information. But she is optimistic the program still will provide valuable training for these future educators.

"Even with the modified instruction, the students are hopefully given a realistic view of how to assign tasks [in the classroom]," Causey said.

Despite the fast-paced training, the program provides a men-

toring aspect that students would not receive earning an education degree the traditional way. Several students share a mentor through the T-MAST program. After a student completes T-MAST, he or she still receives certification training with a mentor for an additional year.

Lockheed Martin's in-depth studies show that T-MAST's cohort groups and mentor relationships will prove successful in helping new teachers adapt.

"We lose the majority of our teachers within the first three years," Strebel said. "Teaching is a very isolated profession, with very little chance of interaction between other teachers."

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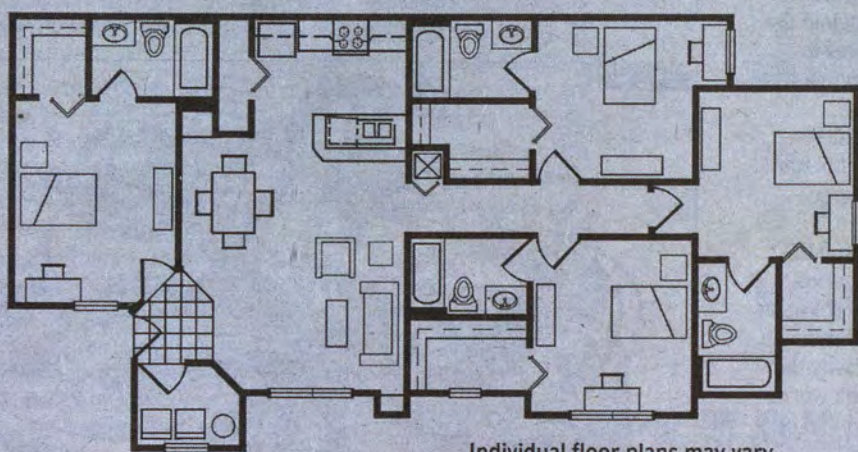
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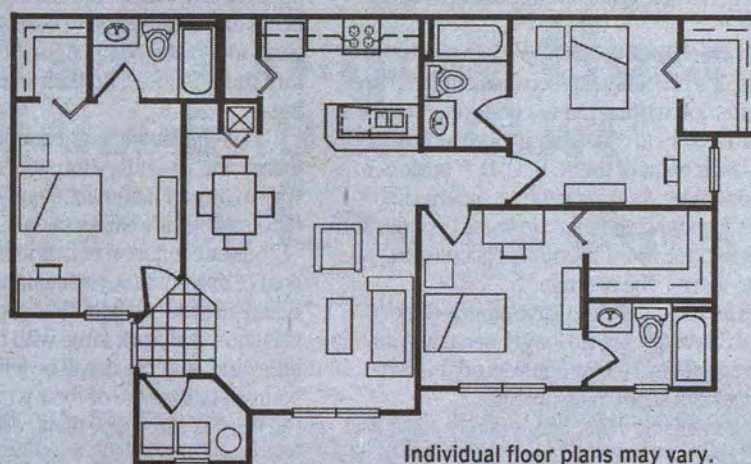


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Opinions

Wednesday July 9, 2003

OUR STANCE:

Inflated grades must be deflated by purpose of college

When students step out of high school, they have a couple of choices – join the work force, or continue their education by going to college.

The whole point of college is to add to the knowledge a student absorbed in high school, and the best way to measure that knowledge is through their grades. If a student retains what they're supposed to retain, their grade is supposed to reflect that.

UCF's average GPA has been rising since the early 1980s. It's probably not because students are doing a better job writing papers or taking tests. It's because professors are becoming more lenient.

The whole point of the A, B, C, D, F scale is to divide grades, with A's representing superlative knowledge, F's showing failure to learn enough, and C's showing you learned what most people are expected to learn – the average.

Social factors over time have changed the meaning of this scale. C's no longer seem like an average grade. They're now considered undesirable, whereas B's seem to be average.

Both students and teachers seem to see it this

way, which is why UCF handed out more A's in 2000 than B's or C's.

This contradicts the traditional bell curve, where C's should dominate, with fewer grades at the extremes of the scale.

The shift toward better grades could, in an ideal world, just mean so many students are producing such excellent work that the grades have to be high. But what's more likely is that more students are opting to go to college rather than join the work force, and competition between colleges to lure those students to their institutions is increasing.

The inevitable consequence is universities increasing incentives for students, and what better way to attract a student eager to earn a degree than saying "it's easier to earn your A's here?"

Grade inflation will ultimately undermine the goal of universities, replacing their role as educational institutions with that of degree mills. Students will enter the work force with high marks that mean little, and employers will be left wondering why the youngest members of their work force aren't worth the price of the paper their resumes are printed on.

OUR STANCE:

Bush's environmental policies get a richly deserved 'F'

Late last month, a national environmental organization that's been tracking the environmental records of politicians for a quarter century said President George W. Bush has failed at protecting the environment — a step down from an already dismal D- they'd given him before.

The message rang loud and clear on national news outlets, a stark contrast to the relatively quiet discourse about his policies since he took office in 2001.

Bush's strategy on saving the Earth has been mostly positive talk, followed by policies that either don't help or actually hurt the environment.

He's made the occasional speech, usually in State of the Union addresses, about the need to save natural resources for future generations. While making speeches, his administration has been doing the opposite: undoing environmental regulations imposed under past administrations, and continuing a path of environmental destruction and deception he began as governor of Texas.

When George W. Bush ran for president in 1999, he championed compassionate conservatism, including environmental sensitivity.

The problem was that Texas was home to the smoggiest city in America — Houston. The Environmental Protection Agency reported that during Bush's first three years as governor, industrial emissions rose 10 percent. Texas air was so toxic the EPA threatened to cut federal highway funding to force compliance with air-quality standards.

Bush didn't respond because his family's ties to the oil industry made it hard to — he'd be hurting his friends to help the environment.

Since moving to Washington in 2001, Bush has made promises to improve the environment, pushing programs like Clear Skies and the Healthy Forests Initiative.

The problem is, environmental groups dread such programs for what they say are obvious attempts to weaken environmental protections. The initiatives, they say, will actually make skies dirtier and forests less healthy.

Once again, Bush has caved into industries that have a conflict of interest with environmental protection.

Most dangerous of Bush's environmental policies is the goal of curtailing the "inefficiency" of public involvement. The Healthy Forests Initiative is a good example.

The administration pushed the program as a wildfire defense measure, claiming it would help save property and lives. Public involvement in deciding where to log and who gets to do it should be limited, Bush officials said.

The administration says allowing public debate only wastes time loggers could spend saving homes from forest fires. Proving the fallacy of this logic is simple; a perfect example is saving the Everglades.

If President Bush were to get involved in saving the Everglades, he might say the process needs to be streamlined. Right now, wastewater from sugar farms in South Florida is killing the Everglades.

Apply the logic of curtailing public debate to increase the efficiency, and farmers end up with the most say in what gets done about a problem they're exacerbating.

Most of those farmers would rather not tell state officials that farmers need more regulation. Ultimately, the strategy fails because the farmers decide to implement ineffectual changes, and the Everglades ends up getting worse.

Too many environmentally destructive industries helped Bush get elected, and they expect to be rewarded for their efforts. If Bush doesn't help them out, they won't help him win in 2004.

Getting past this ethical problem is essential to Bush developing an honest, sound policy — one that truly reflects his compassionate conservative philosophy.

Failing to protect the environment will only turn into a bigger problem down the road for Bush or one of his successors. Bush's failing grade is no less than deserved; it can be turned around, though, with more honest, environmentally-sensitive programs. Turning away from corporate interests is the most important step.



Letters to the Editor

Views expressed here are not necessarily those of The Future

Student groups deserve sovereign standards

I write to voice my concerns regarding the June 25 letter to the editor written by Olu Aduloju, "Huddleston deserves praise for raising student standards," where he expresses that the administration is correct to set a higher standard for students who hold leadership positions.

One must realize that college gives students the experience to control their own destinies and make their own crucial decisions about the microcosmic world around them that is UCF.

The Golden Rule Review committee is a board made up primarily of students that fulfills that purpose by recommending changes to the Golden Rule and to Tom Huddleston.

This student board, on a vote of 10 to 1, asked Huddleston to stay his hand and keep the requirements for student leadership positions at an already arbitrary 2.3 GPA.

Huddleston ignored the overwhelming desires of the students to control their own standards for their own organizations and set the bar at 2.5 — cutting 3,000 students out of the leadership loop.

For students to participate in university organi-

zations and activities, one must hold a cumulative 2.0 GPA as required by the state of Florida. With that GPA, groups can associate and spread their message to the student "citizenry" of UCF.

These organizations are free to set their own bylaws and procedures, and most importantly, elect their own leadership. Huddleston's actions impede the institutional sovereignty of student organizations that are guaranteed by the Golden Rule.

Furthermore, what fundamental basis does Huddleston have to set the requirement at 2.5? Why not 2.6 or 2.7? In the previous letter, Olu Aduloju stated that a 2.5 is sufficient, but a 3.0 is asking too much.

What is to keep Huddleston from raising the requirements again? The answer is nothing. Huddleston can do as he pleases, ignoring the pleas of the students charged to monitor and recommend changes to our Golden Rule.

Organizations deserve their sovereignty when dealing with internal issues like their own leaders. They should not be subject to an arbitrary measure set by an administrator they may never meet.

—TYLER S. VAN VOORHEES

Put American pride before cultural sensitivity

I enjoyed reading Mike Riegel's article, "Flying the flag of fiscal responsibility," published July 2.

It was both humorous and enlightening, however, I wanted to express an opinion about something that struck me while reading the article. Mind you, I am not a writer, or even an English major, but just a normal M.J.S. student who enjoys reading *The Future* on a weekly basis.

Mike spoke about how our UCF community has a vast international population, and that we welcome diversity at our college. He also mentioned that they should have the same rights as we do. Well, don't they?

I believe that most of the international students enjoy the same rights and privileges as American citizens do. I am sure there is a major difference between our country and their country in respect to the freedoms they enjoy, and that they are at an advantage being in our country.

However, as enlightening as it is to have a diverse student body, when does our culture stop becoming our culture and start to become just a mixture of other cultures in the world?

I feel that international students are exactly that — international or foreign students. They are in our great country and should have to abide by our laws and culture instead of trying to change it to fit their needs.

I spent six years in the infantry, traveling all over the world and experiencing other international cultures. I can tell you that there was absolutely no room for error when dealing with their laws and cultures. Why should it be any different in our country?

This is America, land of the free, home of the brave. We should be able to hang our flag anywhere we want without having to worry if it will offend international students.

—ANTHONY FEDELE

"The soul that is within me no man can degrade."

—FREDERICK DOUGLAS

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\$1 billion or 1 banana

ON THE MIC



MIKE RIEGEL
STAFF WRITER

Charlton Heston warned us that this day would come, but we did not act. "Marky" Mark Wahlberg repeated Heston's words of warning in an incompetent remake, and still, we failed to do anything. Now, the monkeys will take over, and there's nothing we can do.

Or, to be more precise, one monkey will take over. Pepsi's summer sweepstakes is giving away a grand prize of \$1 billion, and they've determined that a monkey will be the one to decide if anyone takes home the greatest prize ever offered.

I suppose it makes sense on the surface, given that Pepsi wants to make sure the giveaway is entirely random. But maybe this is the chance the monkeys have been waiting for. Maybe they finally have the opportunity to take their rightful place as the dominant species on the planet.

Yes, the end is near, and just as Nostradamus predicted, it will take place during a two-hour special on the WB network. But don't worry folks; we'll have Drew Carey, the live-action Dilbert, as the host. Who better to usher in the new era of monkey dominance?

Did I mention that Universal Studios in Orlando will be the scene for this monumental attempt to capture ratings? I guess this makes sense, too. The monkeys know that if you want to gain control of America, you don't go to Washington; you go to our theme parks.

The show will be called "Pepsi Play for a Billion." I only pray that the show's content is as daring and creative as its boldly unimaginative title. If it is, we're all in for quite a banana-flavored theme park adventure.

Details of the show are sketchy — probably because it's going to be horrible — but here's what I've been able to gather. Ordinary citizens who happen upon specially-marked Pepsi products can take the number under the cap of their soda and enter it at billion-sweeps.com.

Of those who take the time to enter their number, 1,000 lucky people will be randomly selected and whisked away to sunny Orlando. They'll be given a hotel room at Universal and from there 10 people will be chosen as finalists for the actual show.

The remaining 990 "winners" will then have nothing to do but spend thousands of dollars waiting in line at any number of overrated attractions in Central Florida. As an added bonus, they can also get their picture taken with Shrek, who's

actually a sexually frustrated teenager in a big green suit ... but that's not important right now.

The 10 finalists will then battle in secret competitions to determine which one will win a guaranteed prize of \$1 million, and a shot at the grand prize of \$1 billion. There's no word on what the competitions will be, but I'm sure the contestants will compete to see who can get the worst sunburn, suffer the most mosquito bites or shell out the most money for a bottle of water.

Once the winner is crowned, carefully, so as to avoid any further irritation to the sunburn, the monkey will take center stage. The monkey will then arrange a six-digit number of his choosing, and the contestant must match it. If the monkey and the contestant are simpatico, then the contestant will be paid \$1 billion for drinking a Pepsi and matching the monkey.

Then Wayne Brady will jump into the picture and sing a cute little improvised song about how man and animal have finally found a common ground. Upon seeing this glorious display of humanity, Clint Eastwood will option the movie rights to the show and adapt it to make the long-awaited sequel to "Any Which Way but Loose."

Yeah, right.

As you might be able to imagine, the odds are pretty long that someone will be able to read the monkey's mind and give an exact match to the random six-digit number. My own calculations put the odds at not-a-chance-in-hell-to-1.

And that's exactly what the monkey wants.

Once the contestant fails to match the number, the chimp will steal the money and become the most powerful monkey on the planet — stealing the title from Joe Millionaire. With that amount of money, there'll be nothing to stop him from taking over.

He'll buy off Simon Cowell and become the next American Idol. He'll purchase a controlling interest in the banana business and withhold the delectable fruit until George W. Bush agrees to a debate on national television. Facing a lifetime of cereal without "nanners," Bush will cave and debate the monkey.

Once the monkey trounces Bush in all of the major issues concerning the United States, he'll take his place as the president of America, appointing all of his monkey friends to Congress and the Supreme Court.

So I guess there's nothing left to do — except enjoy a deliciously refreshing Pepsi and wait for mankind's reign on Earth to come to an end.

Let me be the first to pledge my undying allegiance to our new monkey ruler, Mr. Chuckles. I know you'll do a great job with the planet — especially if the movies your fellow monkeys have been writing in Hollywood for the last 20 years are any indication.

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Measuring the rest of the MAC

How the East division stacks up against UCF

ASHLEY BURNS
STAFF WRITER

FROM THE SPORTS DESK

Recruitment continues to look strong for football

While the Knights have been ranked as high as 56th in the nation for their 2004 recruiting class, the work is far from over for Coach Mike Kruczek and his staff. UCF already has signed premium hopefuls in quarterback Steven Moffet and wide receiver Chris Narsesian.

The Knights don't have to look far; another highly touted quarterback comes right out of nearby University High School. Kyle Israel has been the starter for the Cougars for the past two years and has put up very impressive numbers.

Israel, who passed for more than 3,000 yards and rushed for more than 900, has placed UCF high on his list of potential schools. The Orlando native is currently considering UCF, Clemson, East Carolina, Auburn, Maryland, Boston College and Alabama.

Israel, who also maintains a 3.5 GPA, will concentrate on his yardage and completion percentage this upcoming season as he tries to show these schools that he is for real.

The Knights are also highly interested in Deerfield Beach quarterback Brent Schaeffer. The Deerfield High School passer has received offers from some of the top schools in the nation, including Auburn, Notre Dame, North Carolina State, Florida, Virginia Tech, Michigan State, North Carolina and Purdue. While the 6-foot-2-inch quarterback has not spoken of his interest in UCF, the Knights hope to change his mind.

Melbourne Senior High School running back Mike Hamilton, who rushed for 1,400 yards and 21 touchdowns as a junior last season, has UCF on his list of potential schools,



Mike Kruczek

By now UCF's losses from the 2002 football team have become obvious, even as the replacement players have shown their ability to fill the holes. Yet with all this talk about the Knights' concerns, many have overlooked the challenges faced by UCF's conference foes.

The Knights are expected by many critics to dominate the MAC East this year. With Miami University's defense lacking any real depth and Marshall's whole squad dealing with the inexperience of youth, the MAC East is up for grabs.

Akron Zips

Led by the surprising arm of quarterback Charlie Frye, the Zips stand as the team that could upset Miami or Marshall for second or third in the division.

While Frye is nowhere near as dangerous as Ryan Schneider, he is only a junior. 2003 likely won't be his year to shine, but it might be his year to impress. Wide receivers Matt Cherry and Miquel Irvin haven't proven that they are a competitive tandem. They probably won't be a problem for Omar Laurence, Rovel Hamilton and the rest of UCF's defensive backs.

Running back Bob Hendry has shown he can hang with the best in MAC competition. His numbers in 2002 were similar to Alex Haynes' numbers; however, Haynes did miss one full game and time in two others. Hendry could be the X-factor in the Zips' offense should he repeat his 1,000-yard season from last year.

Akron's defense features only three starting seniors this season. The defensive line could be a threat to UCF's running game, but the secondary won't be able to handle UCF's four-receiver attack.

Buffalo Bulls

The only advantage the Bulls had against the Knights in 2002 was the blizzard-esque weather of upstate New York in November. This season the Knights welcome the Bulls to the Citrus Bowl.

The Bulls will try their hardest to establish a running game, but this matchup will be a showcase for UCF's secondary, especially Atari Bigby and Peter Sands. If the Bulls go to the air at all in this game, quarterback

Randall Secky will need to be pinpoint accurate.

If the running game is what the Bulls are going to emphasize, then the defense is going to have to stop the Knights' every possession. The loss of Rashad Jeanitty hurts UCF's defensive line, but it doesn't kill it. The Bulls and running back Aaron Leeper will have to pound away with everything they have if they want to stand a chance against any MAC teams this season.

The Bulls are returning most of the defense from 2002, but that defense gave up an average of 34.7 points per game last year, officially making them one of the worst teams in the nation.

Nothing about the 2003 season looks promising for the Bulls.

Kent State Golden Flashes

The Flashes are plagued by injury. Quarterback Josh Cribbs exemplifies a team that has talent but can't keep the potential stars healthy. But healthy or not, Cribbs' season will be in jeopardy because he has no solid receivers to throw to.

The Sept. 27 matchup in Ohio between UCF and Kent State won't look exactly like last year's 32-6 thrashing by the Knights, but the Flashes won't be able to make much of a difference.

Running back David Alston used to have potential as a MAC rusher, gaining 633 yards in 2001 on 119 attempts in a second-string role. His breakaway speed is minimal. Even if he can manage to get past UCF's defensive line, he will be engulfed by Chad Mascos and Antoine Poe.

Kent State's defense will have a hard day against UCF. Haynes might have his hands full with Flash tackle Alan Williams, but wide receivers Tavaris Capers and Brandon Marshall should have career days against what might be the weakest defensive backs in the MAC.

Marshall Thundering Herd

Marshall is dangerous no matter what. In the finest sense of a football rivalry, Marshall and UCF become different teams when they step onto a field to face each other.

The Herd lost multifaceted quarterback Byron Leftwich and replaced him with the talented Stan Hill, who showed signs of promise filling in for Leftwich on a few occasions last season. While Hill has proven that his arm has unlimited potential, he has not completely refined his accuracy.

The Knights' defense will have a tough time against Marshall's outstanding receivers. Darius Watts and Josh Davis look to be very sim-

ilar to Doug Gabriel and Jimmy Fryzel for UCF last season.

Marshall has two problems this season. The first is the running game. Franklin Wallace is not a top-level running back. He is stuck on a pass-heavy team, proven by his low total of 614 yards last season. Wallace split carries with Brandon Carey last season, giving him a distinct disadvantage in experience. This team can not handle the transition to a run-friendly team, nor will it surprise any of its opponents.

Marshall's other drawback is its defense. UCF has more depth at running back than the team has ever seen. While Alex Haynes might not be a power rusher, he has speed and finesse. Dontavius Wilcox and Keith Williams aren't much bigger but they are just as fast and elusive as Haynes. Marshall won't be able to handle a consistent attack of Haynes and fullback Sean Gaudion. If Capers and Marshall end up being the receivers they are expected to be, then the Herd doesn't have anyone with experience to stop the speed and height of UCF's air attack.

Miami Redhawks

Most analysts are praising Miami's Ben Roethlisberger as the best quarterback in the MAC. If Miami's performance against UCF in 2002 is any indication of 2003, then he needs to be one of the best quarterbacks in the nation.

Roethlisberger is only a junior. He showed his inexperience last season when he would panic against the Knights and force throws. However, Miami might be the team for UCF to beat. Without Jeanitty, the Knights need someone to step up in the pass rush. Miami's offensive line is returning three seniors and two bulked up sophomores. The Redhawks' quarterback should have more than enough time to make solid decisions in the pocket.

The Knights' secondary will need to keep a close eye on Miami receiver Andre Henderson, who should be ready to step up as a playmaker. If he has developed into the receiver he is supposed to be, then fellow receiver Mike Larkin should have an easier time.

Running back Luke Clemens barely had a 1,000-yard season in 2002. Much like Marshall, Miami is a pass-heavy team and won't fool too many teams by trying to switch it up. Clemens and the receivers also have a new home-field challenge to get used to. They have done away with natural turf and have moved on to a synthetic alternative.

PLEASE SEE *Marshall* ON 13

PLEASE SEE *Football* ON 13

Marshall and Miami offer main competition for UCF

FROM PAGE 12

Miami's defense gave up 27.1 points per game in 2002. That includes their shutout of Buffalo. The corners are too weak and inexperienced to handle UCF's passing game. Gabriel and Fryzel found open routes too many times last season against Miami. The Redhawks might score more points this year, but they will not be able to stop UCF's high-energy offense.

Ohio Bobcats

Ohio University doesn't have

much to look forward to this season. The success of the MAC is in high-powered passing attacks. Ohio has a good quarterback in Fred Ray, but he has no targets. The projected starters have eight catches between them from the 2002 season.

This is a running team. Ray is a good running quarterback but he won't exactly fool anyone with his wide receivers providing nothing for him. The Bobcats most likely will use a three-pronged running attack involving tailbacks Ray Huston and Stafford Owens, as well as fullback Brad Young.

A running attack won't do any-

thing when it is expected on almost every play. UCF's defense might allow these rushers to pick up some yardage this season, but Mascoe and Poe will light them up.

Ohio's defense is average at best. Schneider had a field day with Ohio's defense in 2002, throwing for 325 yards and four touchdowns, and that won't change this season. The run defense might have slightly improved, but Haynes had a career day against the Bobcats last year as well, rushing for 151 yards and one touchdown. That makes the Bobcats a middle-tier team this season.

Football squad takes aim at top prospects

FROM PAGE 12

but has shown interest in Florida State as well.

UCF has been friendly in the past to a number of junior college transfers. The Knights hope that helps with the recruitment of wide receiver Anthony Brown from Mississippi Delta Community College. The 6-foot-6-inch wideout hasn't received any scholarship offers, but he continues to impress with his big frame and quick speed. He has listed UCF as one of his favorites along with Arkansas, Florida, Louisiana Tech, Mississippi, Mississippi State and Tennessee.

UCF is looking to tap the local talent pool for yet another Orlando wide receiver. 6-footer R.J. Sumrall has garnered interest from schools including Southern Miss, Alabama, Michigan State, Mississippi and South Florida. The Winter Park High School standout has posted speeds as low as 4.65 seconds in his 40-yard dash.

In order to protect these future offensive stars, UCF is going after some of the finest young offensive linemen in the nation: Michael Brown (Westlake High School, Atlanta), Steve Council (Plainfield High School, Plainfield, N.J.), Jesse Miller (Somerville High School,

Somerville, N.J.) and Elbert Shumake (Mississippi Gulf Coast Community College).

Earning probably the most interest is 305-pound Mobile, Ala., native Jonathan Lyons. The swift lineman continues to be wooed by UCF — which he's named as one of his top choices — but also Florida State, Clemson, Marshall, LSU and Mississippi State.

Highlighting the defensive interests is junior college linebacker Barry Wright, who plays for Coffeyville Community College in Kentucky. The defensive back has received attention from FSU, Florida, Alabama, Clemson, South Carolina and UCF.

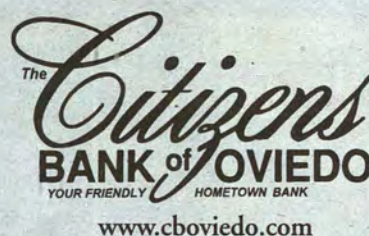
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Lifestyles

Wednesday July 9, 2003

8 Days a week

Highlights of the cultural calendar

LINNEA BROWN
STAFF WRITER

Wednesday, July 9

The 77s at Slingapour's
Kashmir at Slingapour's hosts an acoustic show with bands Longwood and The 77s for "Stripped Down," a weekly unplugged music event. Doors open at 9 p.m. at 25 Wall St.; 21 and up; \$5; 407-849-9904.

Thursday, July 10

United...we dance
Every Thursday resident DJs Debbie D and Playgirl host "United," an all-new night of electronic music at The Club, located in the historic Firestone building. Check it out this Thursday for "Beat Around the Bush," an exclusive all-female DJ line-up featuring Cara Mia, Gweneve X and Daisy. Doors open at 10 p.m. at 578 N. Orange Ave.; 18 and up; \$5 for over 21, \$8 for all others; 407-872-0066.

Friday, July 11

Tribadism at CJs
Explosive local band Tribadism, whose sound ranges from soft rock to hard-edge, Latin-tinged rock, perform a free show at Calico Jack's Bar and Grill in Casselberry. Show starts at 9 p.m.; 1259 East SR 436, Casselberry; 407-671-2066.

Saturday, July 12

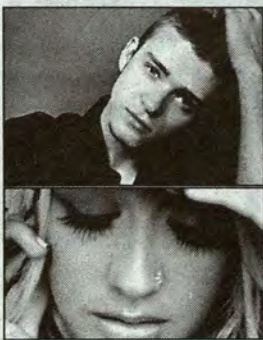
Gypress Cove Nudist Resort open house
In celebration of the 28th National Nude Recreation Week, Gypress Cove Nudist Resort in Kissimmee hosts their annual open house from 10 a.m. to 12 p.m. Resort tours will be given along with live entertainment by musician Shirley Willhide and a special appearance by Stacey of WTKS' Phillips Phile. Clothing optional; 4425 Pleasant Hill Rd., Kissimmee; free; 407-933-5870.

Sunday, July 13

Metallica Summer Sanitarium 2003
Heavy metal rockers Metallica, accompanied by Limp Bizkit, Linkin Park, Mudvayne and The Deftones bring their summer tour to Orlando. Doors open at 3 p.m. at the Florida Citrus Bowl Stadium; tickets are \$85; 407-849-2020.

Monday, July 14

Orlando Energy House Display
A 1922-square-foot house made from environmental friendly materials and built to meet energy-efficiency standards is now open to the public four days a week. The exhibit runs from 10 a.m. to 3 p.m. through December at 2516 E. Church St.; free; 407-246-2708.



Tuesday, July 15

Justified and Stripped Tour
Pop artists Justin Timberlake and Christina Aguilera join forces to headline a joint summer tour that promotes their latest individual album efforts. Fellow musicians The Black Eyed Peas kick off the performance. Doors open at 7:30 p.m. at the TD Waterhouse Centre, 600 W. Amelia St.; \$39.50; 407-849-2020.

Wednesday, July 16

Les Nubians with Dwele in concert
World beat musicians Les Nubians perform at Downtown Disney's House of Blues with special guest Dwele for an all-ages show. Doors open at 7:30 p.m. and show starts at 8:30 p.m.; Downtown Disney WestSide; \$10; 407-934-2583.



PHOTOS COURTESY KRT & ADAM SHIVER / CFF, PHOTO ILLUSTRATION BY CHRISTOPHER ARNOLD / CFF

Exercise on a tight schedule

How some students exercise without a trip to the gym

TRINA PRIORE
STAFF WRITER

Senior Tiffany Pryor sits behind a desk for eight hours a day at her advertising internship. Without the extra time to spare at the gym, Pryor, 28, has created on-the-job exercises to keep her body active.

"Days when my movement is limited, I use different breathing techniques that I learned from my pilates video," she said. "When I exhale, I imagine pulling my belly button close to my spine. By the end of the day, my abs are sore."

For many UCF students, finding time to exercise during the day is a workout in itself. Even the Recreation and Wellness Center seems miles away to students who have to balance academics and jobs while still trying to maintain a social life.

An Ohio State University study revealed that 52 percent of students surveyed were physically inactive or exercised irregularly.

But, breaking a sweat doesn't need to be another stress factor in students' lives. Although three workout sessions a week are ideal, another option to help stay active is to exercise while going about everyday activities.

"I have heard cases of students exercising while showering," said Geoff Moser, a personal trainer at the Recreation and Wellness Center. "They have to be

On-the-go exercise tips for busy college students

- Take stairs instead of an elevator.
- Balance on one leg while waiting in line or on an elevator. The quadriceps, hamstrings and supporting muscles work harder when lifting twice the weight.
- Tuck in your abdominal muscles every time you hit the brakes of a car. Hold the contraction until you resume moving.
- Place reminder post-it notes on your mirror, desk or computer monitor: Shoulders back! Good posture will reduce back pain and stress and take pressure off your neck.
- Get in and out of chairs as slowly as possible, without using your hands if possible. Try to keep abs tucked, shoulders back, and glutes under with a slight forward pelvic tilt.

Source: Central Florida Future Research

PLEASE SEE *Self* ON 15

Students make money, save lives

Donating honey-colored plasma makes students extra cash

NATALIE RODRIGUEZ
STAFF WRITER

Eric Hibbard sat on a dark green leather sofa in the waiting room of DCI Biologicals, filling out the required medical history forms.

The 19-year-old sophomore decided to become a blood donor after his girlfriend saw an advertisement for a new donation center that pays donors cash in exchange for their plasma.

DCI Biologicals of Orlando opened its Plasma Center the first week of May, hoping to find high quality donors as a source of help to individuals in desperate need of plasma.

The No. 1 benefit of donating plasma is saving people's lives, said Heath Faulkner, the center's director.

There is always a demand for it, he added.

While past plasma centers have had a bad reputation, Faulkner said, because their locations in poor areas of town mostly attracted the local homeless, companies are now targeting college campuses because "college students tend to be healthier."

Attracting healthy donors with monetary benefits, students who donate twice a week could receive more than \$150 a month.

"You're helping out and

receiving money," said Hibbard, who plans to become a regular plasma donor.

Since its opening eight weeks ago, half of the donors have been UCF students, Faulkner said.

A honey-colored liquid, plasma makes up about 55 percent of the volume of blood and contains proteins, fats and carbohydrates. It, along with red blood cells, white blood cells and platelets, make up the contents of human blood.

"All of the plasma that is drawn from here is used to make medicine," Faulkner said.

While some of the plasma donated each year goes directly toward transfusions, most goes to pharmaceutical companies, where the plasma is manufactured into medication for various trauma or illnesses, such as burns, rabies or HIV.

All plasma donors must be at

“It's a part time job on your own terms.”

—HEATH FAULKNER
Director, Plasma Center

”

least 18, weigh at least 110 pounds, and pass a medical physical conducted by the center, which includes medical history questions, tests for syphilis, hepatitis and HIV, measure of plasma protein levels and a urine sample.

The collection of plasma is a process known as plasmapheresis.

PLEASE SEE *Plasma* ON 16

Self-conscious students skip the gym, choose to work out at home

FROM PAGE 14

in there anyway, so they just make up some leg lifts or stretching exercises at the same time."

He added that many students who avoid the gym usually are intimidated or self-conscious and will seek out exercise videos or magazines with a fitness plan to stay in shape privately.

"I don't like being around too many people when I'm trying to work out," freshman Lordins Geffard, 18, said. "I am afraid of criticism and people thinking that I'm too weak."

Fortunately for students like Geffard, there are several effortless habits to adopt that can give the body a healthier advantage.

According to a recent "Marie Claire Health & Fitness" article, variety is imperative when trying to stay in shape. Keep the body guessing so it won't adapt and eventually stop burning as many calories. If swimming or jogging were yesterday's activities, try walking or laughing more today.

Also, don't slouch. Slumping over inhibits oxygen intake and slows the fat burning process.

A recent UCF graduate, Moser, 24, has worked as a certified personal trainer for the past four years. It's been proven, he said, that students motivated enough to make time for regular gym appointments are more productive inside and outside of the classroom.

Sophomore Ryan Mackiewicz agrees that time management plays a key role in a student's success rate.

"When you work out regularly and learn to set it around your party schedule and school time, it keeps you focused," the 19-year-old said.

Some students still opt to fuse their free time with exercise, regardless of visits to the gym.

Keith Harris, 21, positioned his exercise equipment in his room so that he could do pull-ups while watching television. The senior said he'd rather do that than sit and watch the commercials.

“When you work out regularly and learn to set it around your party schedule and school time, it keeps you focused.”

—RYAN MACKIEWICZ
Sophomore

Another innovative way to kill time while stuck on hold is calf raises, according to a recent fitness tip from "Glamour."

Stand with feet flat on the ground, and then push up toes. Hold for two counts and repeat ten times.

A different simple sculpting move "Glamour" provided is squats. Position feet flat on the ground with toes forward, bend knees and then slowly lower the butt until it's almost parallel to the floor. Hold for two counts.

Everyday household chores could show results on the body. If students vacuum, scrub floors or wash windows with extra effort, then positive effects are seen, according to the Web site timeforfitness.com.

"Lately I have been so busy that I do two or three things at once to save time," junior Jamie Irwin, 20, said. "When I'm cleaning up the apartment - like putting stuff away or doing dishes - I try to tighten limbs and squeeze the muscles to get a little work out."

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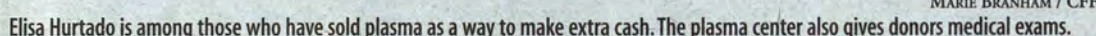
Dawn Freeman
"I stayed around all the apartments, and found that this was the best place with the biggest bedrooms and it's close to UCF."



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FROM PAGE 14

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Maureen Schaefer
UCF Student Health Services

My roommate just got another tattoo and keeps bugging me to get one too. I'm not sure what I should do. Can you give me some advice? Thanks for your help.

I am sure that this is a difficult decision for you, and I am glad you asked us for advice.

Let me share with you some important points I extracted from information that I received at a recent Women's Health Conference.

A tattoo is an indelible mark made in the skin by inserting a pigment or dye into punctures or cuts in the skin.

In recent years, there has been renewed interest in tattooing in western society and interest continues to grow. An estimated 12 million Americans have tattoos.

Half of those inked are women. When western women were recently surveyed about tattooing, they indicated that they did so as an

"expression of individuality" and to enhance their self-esteem. Unfortunately, half of those tattooed regretted their decision.

Some of the major health issues that you need to consider are: transmission of infectious diseases due to poor hygienic measures, allergic reaction to the dyes and inflammation of the skin from the dyes.

Listed below are some important concerns and questions that I think you need to address before getting a tattoo.

Think seriously about your decision.

Consider how others will feel about your tattoo — friends, family, employers.

Don't get a tattoo while under the influence of drugs or alcohol.

Talk to others about their experience with tattoos.

Contact your local health department and ask about local and state regulations that apply to tattoo parlors.

Make sure the tattoo parlor you choose is in compliance with regulations.

Talk to the tattoo artist and have him review the sterilization procedure, costs, technique he will use and discomfort and bleeding involved.

Have a preconceived idea of what design you want and ask to see a sample.

Look for the following decals. They may demonstrate some degree of credibility.

"APT": Alliance of Professional Tattooists

"NTA": National Tattoo Association

E-mail your questions to: Askadoc@mail.ucf.edu

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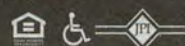
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—See our ad on page 5



Classifications	
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250 AUTOMOTIVE	550 EVENTS
300 FOR RENT	600 GREEK LIFE
325 HOMES	700 MISC
350 ROOMMATES	750 TRAVEL
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In Person: University Court, Suite 115
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Room for Rent in 3bd/2.5ba. house. 7 min from UCF. Util, dig. cable, phone and DSL incl. Quiet neigh. \$465/mth. No dep. w/credit appr. Female preferred. 407-761-1270

Rooms for Rent in Great Altamonte Home on Lake. Master & standard bedrooms avail. Only \$400-\$700/mo! DSL Network. Students or couples welcome. Call 407-619-7972!

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2 rooms avail. in 3/2 house behind UCF. M or F, N/S please. \$395 incl. util. and cable modem. Avail. Aug. 1. Call Jeff at 407-496-0848.

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1 bd, 1 ba sublease in Collegiate Village Inn avail. Aug. 21. - meal plan, fully furn., free UCF shuttle, util., roadrunner, no deposit. \$630/mo. Call Lindsey 352-408-3489

4/2 house less than 1 mile from UCF. Lg screened porch, lg fenced yard, 1 year lease. \$1280/mnth + sec. dep. Call 407-929-2918.

300 FOR RENT

Roommates needed for 4/3 house with pool. \$450-\$500/mnth. Fully furn. Incl. all util. Call Laura at 561-628-6940.

Female to rent room in great new home. 30 min. from UCF, on channel lakes. Pool, jacuzzi, furn. room. No dep. Only \$400/mnth (flex.) Incl. everything (phone, cable, util). Avail. immed. Call 407-466-9612 today!

2 bed / 2 bath Duplex
New tile, New carpet, Quiet neigh. Less than 5 min. from UCF \$700 to \$750/mnth depending Contact Eric @ (407)791-3723

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\$300/mnth. incl. all util. (except phone), use of W/D and kitchen privileges. Call 407-492-3628 or 407-382-4981.

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2BD/2.5BA, tile floor, W/D, new carpet, patio, UCF shuttle, \$700/mnth. 12048 Tift Cir. www.pixelsdesign.com/rentals/More info. call 407-382-9617.

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350 ROOMMATES

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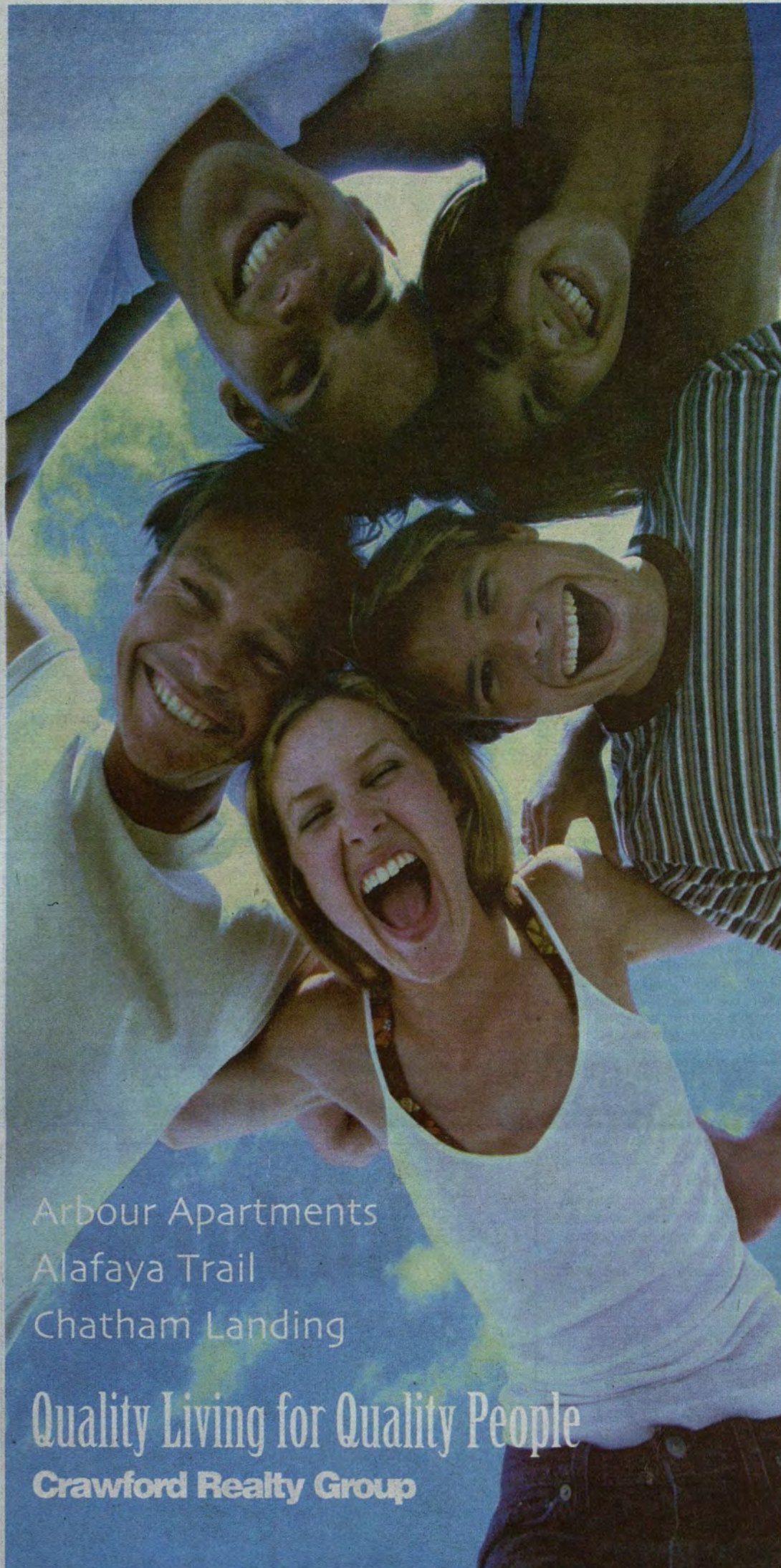
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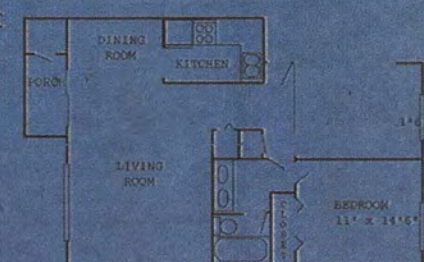


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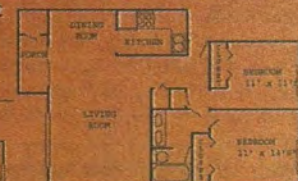
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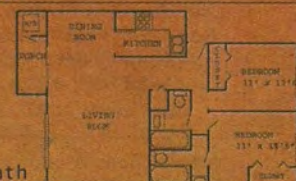
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2 Bedroom/2 Bath
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